


If you or your children have trouble breathing, Zabet would like you to consult your doctor or call the Asthma Society of Canada at 1-800-787-3880 to find out more about asthma and its treatments. You'll breathe a little easier.

This message brought to you as a community service of The Economist/Tribune



Change your Life!

BELL EZEE SLIMMING PATCH

YOU WILL SUCCEED with this herbal patch (pure clean ocean kelp bladderwrack) in combination with our healthy eating plan that lets you eat until you are full and still lose weight. No side effects. The patch makes men and women less hungry and the instructions show which foods make you lose weight without starving and which foods put on weight. In the stores below, ask for a FREE brochure THE EASY WAY TO LOSE WEIGHT PERMANENTLY, with more testimonials than any other product on the market. Many letters from delighted people with their full names and towns. Excerpts: "I feel proud & happy, lost 16 lbs. Paula Collins, Rochester, NY" "Losing 25 lbs raised my self-esteem." Tanya Thomas, Caledon, ON "Lost 24 lbs easily without starving; it really works. Alan Fuller, Regina, SK



For men and women

The only **NATURAL** and **HONEST** approach to lose weight permanently. You cannot take diet pills or meal replacements all your life. Face the real issue. Let the **BELL EZEE SLIMMING PATCH** help you to adjust your food cravings that made you overweight in the first place. The patch will help you to adopt habits eating foods from your local grocery store that actually cause you to lose weight permanently. Absolutely nobody can cheat the stomach. You have to fill your stomach with healthy meals and snacks and never go hungry based on Pritikin Longevity Center and Dr. Neal Bernard M.D. teachings. Everybody knows by now temporary diets that starve you will make you more overweight in the long run. One month supply of patches **SPECIAL \$29.99**. More on our web site. www.ezeeslimmingpatch.com

NO pills, NO drugs, NO calorie counting, NO restrictive torture diets

68% of all deaths are caused by diseases relating to how much and what foods people eat. Look around. 50% are overweight now, increasing to 75% in a few years. Don't be one of them.

ARTHRITIS PAIN FREE IN 2 WEEKS!

After suffering for years this is exactly what happened to me. Nick A. Jerch, Burlington, ON.

Hundreds of letters ● **HAD HIP PAIN** so bad could hardly teach my aerobics class. Now I'm 90% pain free. Gradually improves more. Appears to repair worn joints. **Cindy Leonard, Boswell, PA** ● **BEST HELP** I had in 20 years. Tried all drugs. Was scheduled for surgery. My pain is 99% gone. Thank you. **Helen Tutka, Saskatoon, SK** ● **TRIED ANOTHER BRAND** and my pain came back 2 weeks on BELL brand and the pain is gone again. **Gert Dupuis, Hanmer, ON** ● **CANCELLED KNEE REPLACEMENT** I was in pain and limping. Have no more pain now. Can square dance for hours. **Anton Melnychuk, Porcupine Plain, SK** ● Others say after suffering for 10, 20, 30 years: Can walk again for hours without cane ● Climb stairs without hanging on to railing ● Can do my housework again ● Can laugh and enjoy life again. ● First time in 15 years can sleep all night ● Rheumatoid pain in joints down 90%, same for my sister ● Get FREE

brochure from stores below ● Dozens more letters on web site www.BellDistributors.com/shark. All honest and true. Many are completely pain free. Others have 70% or 90% pain relief and gain in mobility. Most have pain relief in 2-3 weeks. Severe cases in 4-6 weeks: Draw your own conclusions. No need to give advice. No known side effects. A natural remedy, not a drug. Letters are proof: Bell Shark Cartilage is 10 times more effective than glucosamine with or without bovine (cow) chondroitin. Single handedly I have helped over 30,000 people in pain. It restored their quality of life. Saves the government millions of dollars in medicare expenses yearly and taxes to us all. In stores look for this label:



MUST HELP OR MONEY REFUNDED
Ours is guaranteed to work (success rate 98%). Don't accept substitutes. People write to us that they are not all the same. 100 capsules of 750mg are only \$24.90 per bottle. You need minimum 3 bottles (you have to take it for 2-3 weeks 12 per day). **FOR LOWER BACK PAIN** ask for Bell Pepper Cream. Gives instant pain relief in most cases. ● My lower back and shoulder muscles are 100% pain free. **Milt Cooper, Bobcaygeon, ON** ● I rub cream on my knees and shoulders and sleep pain free. **Donetta E. Gaither, Washington, DC**. Same guarantee as Bell Shark cartilage.

FREQUENT BATHROOM TRIPS? Dribbling because of prostate problems?

Many men over 40, most over 50 and nearly all over 60 have this problem of frequent bathroom trips during the night and day, because of their prostate that enlarges with age. They sleep badly and are tired during the day. Bell Prostate Ezee Flow Tea is guaranteed to make urine flow easier again. Works much better than pills. Most can see relief in 3-5 days. Severe cases can expect results soon in 2-4 weeks. No side effects known. Important to all men, the tea will also increase blood flow to the penis and may give better erections. Skepticism will turn into delight. No other product or drug offers this guarantee.

MUST HELP OR MONEY REFUNDED
True experiences ● **WAS AMAZED TO SEE A DIFFERENCE IN 4 DAYS** Now I can sleep all night. No more getting up. Feel rested next day. Tea tastes good. **Jim Moody, Mississauga, ON** ● **GOT UP 10 TIMES A NIGHT** Tried many pills. Endured surgery with little relief and many horrible side effects. Tea is great and tastes pleasant. The most successful attempt to date in bringing me relief. Thank you. **Tom Deagle, Thunder Bay, ON** ● **DRUGS DID NOT HELP** I had brachytherapy for cancer. Past 6 months I've been increasingly troubled by dribbling, frequency, burning & poor flow. Gone after drinking Bell Ezee Flow Tea for 2 weeks. I'm sleeping through most nights now. Will tell my doctors at the next check-up. **W. Dolighan, Brampton, ON** ● **80% IMPROVEMENT IN 3 WEEKS!** Had to sit on the toilet for half an hour to squeeze out enough urine drops to feel relief. My sex life was a nightmare. Now it's 80% better both ways. Thank you very much. **Armand Trotter, Warren, ON** ● Large box of 120g (2-4 weeks supply) \$19.95. It's safe and gives quick, effective relief. A trifle compared to pills and incurred medicare costs.



AVAILABLE in MARKHAM at: Markham Warehouse Outlet 330 Steelcase Rd. E (475-5366); Nutrition Emporium Markville Mall (415-8101); Nutrition House Markville Mall (415-3993); Glory Bee Health Products 4400 Steeles Ave. E (709-2860); Ashgrove Pharmasave 6633 Hwy #7 E (294-7560); Main Drug Mart 5293 Hwy #7 E (471-7978) ● **At Participating Shoppers Drug Marts:** Markville Shopping Centre (477-6320); 1661 Denison St. (946-8001); 4721 Hwy #7 E. (479-4044); 5762 Hwy #7 #1 (294-2800); Heritage Plaza (294-3333); Markham Town Square (479-6826) ● **At participating GNC locations:** Markham Town Square (477-0512); Markville Town Centre (947-1416) ● **Stouffville:** Shoppers Drug Mart 5892 Main St. (640-2700); Houston Pharmacy 6316 Main St. (640-2222). Look for BELL floor display. Bring ad to the store. Call stores first, if out of stock or for other cities or locations, call us at 1-800-333-7995

Star Wars grad is 'one in a million'

From page 1.

into play, but I remind them his is an isolated occurrence and that type of success is rare," said Rob Cook, a teacher with Arts York for the last decade.

The program, a unique and intense course of study for artistically driven high school students, has been pumping out graduates since 1985. Although success in the real world is part of the curriculum for these divas and DiCaprios, they are supposed to gain more than a simple understanding of timing and character.

"We want to teach them a sense of self-confidence so they know how to approach a script from a character point of view," said Mr. Cook. "This gives them comfort and self-awareness."

Since the program began Mr. Cook acknowledges most students came into the course with an eye on Hollywood.

"Years ago maybe one or two kids in a class would have agents; now maybe a quarter of a class of 22 kids starts with agents," Mr. Cook said. "They're getting work; they're getting commercials."

He suggests most students

come into the program seeking the credibility of the theatre to add to their acting arsenal, which is what Arts York drama delivers. The drama program has not changed its curriculum to coincide with the aspirations of film-focused incoming students, concentrating on the fundamental elements of theatre.

"Our curriculum is based on government guidelines in one sense, but work in film or television is not what we're interested in training," Mr. Cook insists. "We are not an actor's studio — specifically based on training actors for TV. We are training people how to act with purpose; we teach clown; Greek theatre, Shakespeare and theatre writing. These things are not film based."

Mr. Cook said the impetus of Arts York is helping students into a profession of acting or theatre.

"You need to balance the success of the actors with the success of our other graduates," Mr. Cook said. "We have graduates on national television, people at the National Theatre School and people on Broadway," he said.

"But we also have people graduating from law school,

people who are doctors now and people who are becoming journalists. They tell me they're using the skills that they learned in Arts York Drama."

Arts York staff tracks the successes of all the program graduates, "I think a lot of our drama grads are going to be great successes," said Ms. Waslenko, "I keep track of students when they keep in touch with us; we have students who have worked in the Stratford and Shaw festivals, and a kid doing a Disney movie who's in the program now."

Although they are thrilled to watch one of their own on the big screen Mr. Cook and the other drama teachers don't want to be known as the school that put the star in Star Wars.

"Hayden is a talented actor," said Mr. Cook, "but he has also managed his career very well."

"It's a business, and his success is a one-in-a-million occurrence. In my Grade 9 class there are a ton of talented actors, and I recommend they get a university education."

"After all, in New York City alone there are more than half a million unemployed actors."

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- feel alone or depressed
- experience feelings of hopelessness
- have thoughts of suicide

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Come to a meeting of the Depressed Anonymous Self Help group

Weekly groups in Richmond Hill, Aurora, Newmarket Support for Supporters Group (for family and friends) in:

Newmarket For more information call 905 898-7466 (Newmarket) 416 798-8500 (Toronto line) Extension 0

CANADIAN MENTAL HEALTH ASSOCIATION / L'ASSOCIATION CANADIENNE POUR LA SAINT-MENTAIRE

Member of United Way of York Region

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